

*Creating partnerships between industry, education and the community that develop positive futures for young people*



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## Rural Victoria's Largest Careers Expo



WESTERN VICTORIAN  
**CAREERS  
EXPO 2018**

**Tuesday 26 June. 2018**

**9.30 am - 2.30 pm**

Wimmera Events Centre  
37 Field Days Road, Longerenong, Victoria

## War veteran to speak at careers expo

Plans for the 2018 Western Victorian Careers Expo are well underway. The expo is a free event and everyone is welcome to attend.

The expo brings together in one place, a broad range of exhibitors and displays offering the 2,000 plus attendees an opportunity to gather information about many possible career options.

This year's expo will have a new layout to accommodate an undercover area for emergency vehicles from the defence force, Ambulance Victoria, Victoria Police, the Country Fire Authority, State emergency Services, Parks Victoria and Forest Fire Management.

The special guest speaker at this year's expo, Damien Thomlinson, has an amazing story to tell. Damien is an ex-Commando who has had several career changes following a horrific accident. Damien served in Afghanistan and was a member of the elite 2nd Commando Regiment. Like many of his comrades in the armed forces, Damien can accurately be described as a war hero, but it is his incredible achievements since leaving the forces that have inspired so many around the world.

Since returning to Australia, he has become an acclaimed actor, an inspiring paralympian, an author and a riveting guest speaker.

Damien's story of losing his legs in Afghanistan, the going on to appear in a film directed by Mel Gibson and training for the Paralympics is an inspiration.

Find out more at:

<http://wimmeracareerexpo.com/>



**Sharing His Story:** Special guest, Damien Thomlinson will attend this year's Western Victorian Careers Expo.



# BREAKFAST

with Damien Thomlinson

**Ex-commando, Actor, Aspiring Paralympian & Inspiring Keynote Speaker**

Damien Thomlinson is an Australian veteran of the war in Afghanistan and former member of the elite 2nd Commando Regiment.

Like many of his comrades in the armed forces, Damien can accurately be described as a war hero but it is his incredible achievements since leaving the forces that have inspired so many around the world. Since returning to Australia, he has become an acclaimed actor, an aspiring Paralympian, an author and a riveting keynote speaker.

Damien's powerfully moving personal story, never-say-die attitude and incredible determination never failed to inspire, motivate and move audiences of all ages and from all walks of life.



*"Damien uses his experiences, passion for life and journey to inspire and motivate"*

**Tuesday 26th June, 2018**

**Federation University, Auditorium  
Baillie St, Horsham**

**7:30am- 8:30am**

**COST: Adults \$10 - Students \$5**

*Includes light breakfast*

**RSVP by 22nd June 2018 | [sboddi@wda.org.au](mailto:sboddi@wda.org.au) | 5381 6507**



## SWL - Opportunities for Term 3

Attention all employers and business owners! work placements are a great way to see if a young person is a good fit for your business. Many students undertaking VET courses will currently or soon be seeking new opportunities for Structured Workplace Learning (SWL) work placements. Unless students have an exemption, they can only stay in a SWL placement for 20 weeks, and will be needing to find a new placement for term 3, commencing in mid July. Wimmera Southern Mallee LLEN works with local businesses to post SWL opportunities on the online portal. Students seeking a placement can search for SWL placement opportunities at <http://workplacements.education.vic.gov.au/lens/wsmlen/>



HOME SEARCH GUIDES VIDEOS LLENS ABOUT US CONTACT US

## Local Learning and Employment Network (LLEN)

### Wimmera Southern Mallee Local Learning & Employment Network

Wimmera Southern Mallee LLEN supports student work placements in the local government areas of Horsham, Hindmarsh, West Wimmera and Yarriambiack.



Wimmera Southern Mallee LLEN helps school students undertaking VET as part of their VCE and VCAL studies, including School-based Apprenticeships and Traineeships (SBATs), to access Structured Workplace Learning (SWL) placements in industry and business. We have contacts with employers in retail, agriculture, hospitality and other sectors.



### BROWSE BY INDUSTRY

SWL  SBAT

Industry	Positions
AGRICULTURE	1
BUSINESS SERVICES	2
COMMUNITY SERVICES & HEALTH	14
CONSTRUCTION	4
CREATIVE ARTS & CULTURE	2
HOSPITALITY	7
INFORMATION TECHNOLOGY	1

### SEARCH WITHIN LLEN REGION

Any Industry...

Any Course...

Optional: Keyword

SWL  SBAT

Search Now

### Fiona O'Loughlin - Special Guest

Comedian and winner of 2018 *'I'm a Celebrity, Get Me Out of Here'*, Fiona O'Loughlin, will be the special guest at a free event at Horsham Town Hall, Heritage Hall, on Friday 22 June.

The evening will also include performances by year 10 students from St Brigid's College, focusing on alcohol issues in Horsham and information from local organisations.

This event is part of the Horsham Rural City Council's Alcohol Cultural Change Project, which aims to see more people socially supporting one another to reduce risky drinking, resulting in reduced harm for themselves, their family and friends, those in the vicinity and the broader community.

Entry to the event is free, but you will need to book.

Bookings can be made via the Town Hall Website:

[www.horshamtownhall.com.au/hthevent/its-ok-to-say-no-information-night/](http://www.horshamtownhall.com.au/hthevent/its-ok-to-say-no-information-night/)

See more details on page 4.

Wimmera Southern Mallee LLEN

PO Box 841 Horsham

[www.llen.com.au](http://www.llen.com.au)





# IT'S OK NO TO SAY

## INFORMATION NIGHT

**JUNE 22ND, 2018 • 6PM - 9PM • HORSHAM TOWN HALL - HERITAGE HALL**



### Are you concerned about the drinking culture in our community?

We are holding a performance and information night for parents, teenagers and the Horsham community to start a conversation about the role of alcohol in our community.

### THE NIGHT WILL INCLUDE:

**Play performances from Year 10 St Brigid's College students focusing on alcohol issues in Horsham**

**Special Guest speaker, comedian Fiona O'Loughlin (winner of 2018 I'm a Celebrity Get Me Outta Here)**

**Information from local organisations including Horsham Police, Grampians Community Health and Wimmera Drug Action Taskforce**

Our vision is to see more people socially supporting one another to reduce risky drinking, resulting in reduced harm for themselves, their family and friends, those in the vicinity and the broader community.

## FREE ENTRY

Please get your tickets via The Horsham Town Hall website:

[www.horshamtownhall.com.au/hthevent/its-ok-to-say-no-information-night/](http://www.horshamtownhall.com.au/hthevent/its-ok-to-say-no-information-night/)

### FOR MORE INFORMATION, PLEASE CONTACT

Annie Mintern • Alcohol Cultural Change Project Officer • Ph: 0418 648 815



Horsham is participating in the VicHealth Alcohol Cultural Change Initiative.

## MATES Mentoring—Thinking outside the box

The MATES Mentoring program ran a social media campaign to raise awareness of the MATES mentoring program and to find more mentors for young people in our region.

Bonnie and Clyde's Pizzeria in Horsham donated a \$100 gift voucher to the winning entrant, Gina Harrison. Gina won with her creative new-age phone box!

We thank Bonnie and Clyde's for their ongoing support and commitment to young people in our community.

Find our more on our Facebook page:



## Teen Mental Health First Aid

**Mental Health First Aid training is now available to teenagers in our area.**

The teen MHFA Course teaches high school students in years 7-9 and 10-12, how to provide mental health first aid to their friends. The course was developed in response to research indicating that young people have a preference for sharing problems with peers.

### What the course covers

Students learn the teen MHFA Action Plan, as well as information about different types of mental health problems and mental health crisis situations in young people, and the relationship between thoughts, feelings and behaviours. Rather than focusing on specific mental illnesses, the course teaches participants to recognise when a friend is experiencing major changes in their

thinking, feeling and behaviour, that are interfering with daily life and not going away as quickly as expected, as this may indicate the presence of a mental health problem.

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Intoxication, and
- Bullying and abuse

For more information on MHFA courses in our region please contact Lissy at [felicity.j@grampianscommunityhealth.org.au](mailto:felicity.j@grampianscommunityhealth.org.au) or phone 03 5362 1226 or 0421 250 428.

## National Volunteer Week, 21-27 May

National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. The theme for this year's volunteer week is 'Give a little. Change a lot.' This is exactly what our MATES mentor volunteers have been doing since the MATES mentoring program commenced in our local region in 2010. To date, over 500 mentors have volunteered 1 hour of their time each fortnight for a year, to make a huge difference in a young person's life.

Thank you to all of our past and current volunteers.

Anyone interested in being a mentor to a young person in our community can find out more or apply online at: <http://www.llen.com.au/mates/>

**500** mentors...

...from across the Wimmera have supported our young people in the MATES mentoring program since 2010.

**Thank you volunteers!**

*1 hour a fortnight is all it takes to make a huge difference in a young person's life!*

**mates**  
www.llen.com.au/mates

**'Give a little...  
... change a lot!'**

Join the #MATESmovement and continue to make a difference.



See a list of events celebrating Volunteer Week on page 6.

# GIVE A LITTLE. CHANGE A LOT.



**NVW**  
NATIONAL VOLUNTEER WEEK  
Give a little. Change a lot.

NATIONAL VOLUNTEER WEEK | 21-27 May 2018 | #NVW2018

## Monday, May 21

10-11am: Drop In  
**Wimmera Regional  
Sports Assembly**  
17 McLachlan St. Horsham

2-3pm: Drop In  
**Centre for Participation**  
39 Urquhart St. Horsham

## Tuesday, May 22

10.30am: Community  
Celebration Morning Tea  
10am-1pm: Mini Expo  
**Horsham Town Hall**  
71 Pynsent St. Horsham  
RSVP: 5382 5607

10.30am: Community  
Celebration Morning Tea  
**Bay Riders**  
Community Centre  
24 Blair St. Harrow  
RSVP: 5588 2000

## Wednesday, May 23

12-1pm: Volunteer  
Celebration BBQ  
**Warracknabeal**  
Neighbourhood House and  
Learning Centre  
2 Cox St. Warracknabeal

11am-1pm: Drop In  
**Wimmera  
Healthcare Group**  
83 Baillie St. Horsham

10am-12pm: Thank You  
Morning Tea  
**Perry Room - Town Hall**  
Market St. St Arnaud  
RSVP: 5495 1997

1-3pm: Drop In  
**Horsham Agricultural  
Society**  
22 McBride St. Horsham

## Thursday, May 24

5-7pm: Celebrating  
Volunteers in the  
Northern  
Grampians Shire  
**Power House**  
42 Sloane St. Stawell  
RSVP: 5358 0725  
\*\*Light Supper Provided\*\*

## Friday, May 25

10.30am: West Wimmera  
Shire  
Celebrating Volunteers  
Community Morning Tea  
**Red Tail Gallery**  
50 Elizabeth St.  
Edenhope  
RSVP: 5585 9900

10-11am: Drop In  
Wimmera Regional  
Sports Assembly  
17 McLachlan St. Horsham

3-4.30pm: Community  
Afternoon Tea  
**Lowana Women's Centre**  
Main St. Nhill





# Is someone you know suffering from a mental illness?



Warracknabeal  
Neighbourhood House  
and Learning Centre Inc.

## FREE Youth Mental Health First Aid 4<sup>th</sup> Edition

Learn how to recognise the symptoms to give initial help to someone experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

# WARRACKNABEAL

DAY 1 Tuesday 29 May 9AM to 5PM

DAY 2 Wednesday 30 May 9AM to 5PM

Warracknabeal Neighbourhood House and  
Learning Centre Inc.

**BOOK NOW**

2 Cox Street, Warracknabeal

### What is Youth Mental Health First Aid?

The 14-hour Youth Mental Health First Aid Course is for adults working or living with adolescents (aged between approximately 12 and 18 years). However, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, teachers, sports coaches, and youth workers. You don't need to work in this field to be able to learn useful skills and strategies.

### Do you have concerns about someone you know or love?

- Depression & Anxiety problems
- Panic attacks
- Alcohol misuse
- Aggressive or risky behaviour
- Suicidal thoughts and behaviours
- Hurting themselves
- Recent or past trauma
- Effects from drug use

**COST – FREE**

**BYO LUNCH**

To register please contact

Felicity Johns at Wimmera PCP on (03) 5362 1226 or  
[felicity.i@grampianscommunityhealth.org.au](mailto:felicity.i@grampianscommunityhealth.org.au)

## Pick my project community grants program

Pick My Project, is a new community grants program that gives Victorians the chance to suggest project ideas, and then decide which ones will most improve their communities by voting. Winning ideas will be funded!

You can apply for funding for ideas costing between \$20K – \$200K, and focus on things like:

- Funding for sport and recreation activities
- Improving health and well-being
- Innovation and technology
- Arts and culture projects
- Ideas that improve community and bring people together

Pick My Project starts in May 2018. See <https://pickmyproject.vic.gov.au/> for the details or connect on [facebook.com/pickmyproject](https://facebook.com/pickmyproject).



## Raging Bull - Anger Management

A promotional poster for 'Raging Bull' featuring a black bull with large, curved, yellow and orange horns. The bull has a pink and yellow nose ring and is looking directly at the viewer with a serious expression. The background consists of yellow and white diagonal stripes. The text 'RAGING BULL' is written in large, bold, red, distressed letters across the top of the bull's head. Below it, 'motov8' is written in a smaller, red, sans-serif font. A red banner across the bottom left of the bull's face contains the text 'Mon 28th May book now! Nexus Youth Centre - Horsham'. On the right side, there is a white box with black text: 'WANT TO HELP TAME THE RAGING BULL IN YOUR BOY? Learn more about anger so you can understand what's going on for your son &amp; how to help. For more info email info@motov8.com.au'.

## Victorian students dreaming big and going far

A new program has officially launched in Melbourne this week is inspiring Indigenous youth to aim high and dream big.

Baldau Yiooghen Youth Leadership Academy is an initiative by Anglicare and The Long Walk, with the name meaning 'big dreams' in Wurundjeri language.

Run in partnership with Goolum Goolum Aboriginal Co-operative and Bendigo and District Aboriginal Co-operative, the program links students and young people with Elders and industry experiences.

Read the full story of local young people, Danae McDonald and Tanisha Lovett and their inspiring career aspirations: <https://www.sbs.com.au/nitv/article/2018/05/17/victorian-students-dreaming-big-and-going-far>

## Contributions to News You Can Use

Anyone wishing to contribute news or information about events, is welcome to submit articles for inclusion in the WSMLEEN Newsletter. Articles can be forwarded to [info@llen.com.au](mailto:info@llen.com.au)

*WSMLEEN reserves the right not to include items deemed to be incompatible with the purpose of the LLEN.*

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Wimmera Southern Mallee LLEN is a recognised Gold Skilled Workplace with 100% of our current staff having completed the Youth Mental Health first aid training. We highly recommend YMHFA training for everyone who works with young people.

To find out more about being a skilled MHFA workplace, or to apply for recognition for your organisation, go the Mental Health First Aid website. <https://mhfa.com.au/cms/mental-health-first-aid-skilled-workplace-initiative>

The Wimmera Southern Mallee LLEN Newsletter is sent electronically to over 300 people across the region.